

# SAFETY BULLETIN

## SB01-024 SLIPS, TRIPS AND FALLS

July 2001 (Initial)

Slips, Trips and Falls constitute the majority of accidents in the workplace. Every year 15% of all accidental deaths are caused from slips, trips and falls, and is second only to motor vehicles as a cause of fatalities. In fact, employees who work in offices are twice as likely to suffer from a fall than workers outside.

**Slips** occur when there is too little friction between a person's feet and the walking surface. Many factors cause a slip. Floor waxes, spilled coffee and water from an umbrella are substances that make the floor slippery and contribute to falls. Choose properly fitted footwear with slip resistant heels and soles.

**Trips** occur when a person's foot contacts an object and they are thrown off balance. Some of the causes are: loose or torn carpet, objects in the walkway, telephone/electrical cords and open file cabinets. Poor lighting and uneven walking surfaces also cause tripping hazards. Preventing tripping hazards are simple; keep aisles and walkways clear and free of obstructions.

**Falls** are the result of slips and trips and occur from the improper use of ladders/scaffolding and when climbing up objects without using proper fall protection equipment.

**Tips** in preventing slips, trips and falls:

- Walk; never run.
- Do not carry loads you cannot see over.
- Keep all aisles, stairs and passageways free of clutter and obstructions.
- Ensure there is proper lighting.
- Clean up any leaks or spills on floors, stairs, entranceways and loading docks promptly.
- Report all hazards to your supervisor or safety officer.

Be alert and safety conscious to prevent slips, trips and falls. Pay attention to your movements and remove potential hazards from your path so slips, trips, or falls will not injure you and others. Focus on where you are going, what you are doing and what lies ahead. Expect the unexpected and take responsibility for fixing, removing, or avoiding hazards in your path.

**SAFETY FIRST!**

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